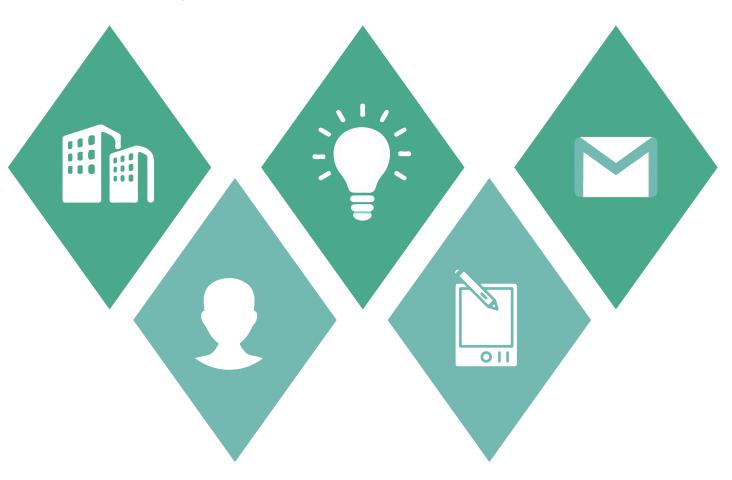


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AT A GLANCE

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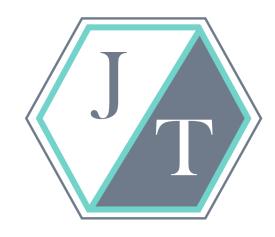


NBOUT

The person behind this

JUST IN TIME is a side project by Justin, which he uses as the theme for this portfolio which translate to JUSTIN TIME. For more information on the project and find out more, click here.

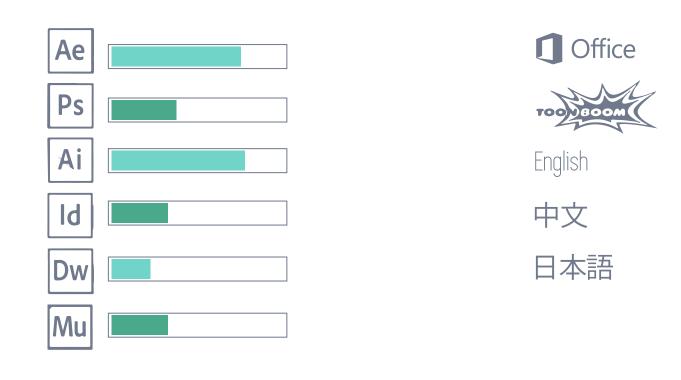
Justin graduated with Diploma in Animation & Illustrations, however he also experience one year of marketing operations handling designs from EDMs to publications. He hopes to pursue deeper into animation be it in his own projects or corporate use.



KNOWLEDGE



Technical & Design Proficiency of Justin



- Marketing Collaterals | Events | CSR | Editorial
 Prints | Publications | Branding | Design
- Corporate Video



2017 Corporate Gift - Calendar

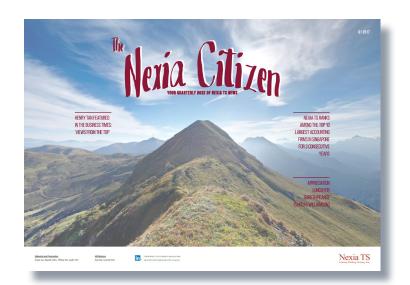


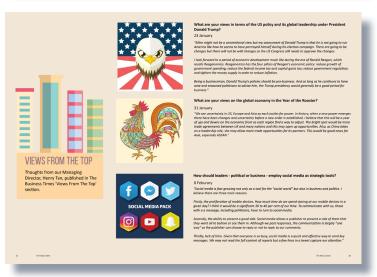


- Project Planning
- Concept Development
- Design Lead
- Production



Internal Publications (Quarterly)



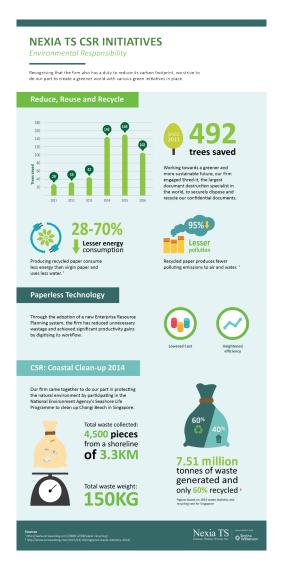




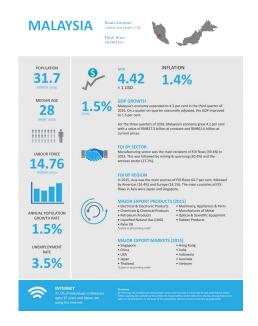
- Data Compilation
- Copywriting
- Layout Design
- Production



Infographics Design







- Research Analysis
- · Layout Design
- Data Report
- Production



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Jar •f Hearts

- Lead Concept
- Lead Animator

JT

Article Coverage



Like many athletes, he too, has a dream. Travelling more than 4,400 miles way from home, thus Meng Koon will be representing Singapore in the 5th China Open Athletics Championship (Javelin and 5the Det Category) in Beijing this year. The series of athletics events are open to both male and female athleties in all impairment groups. Athleties and impairment groups, and other in the other functional classification.

Meng Koon suffered from Acute Transverse Myelitis as a result of a fall at four years old which affected his spinal cord, and therefore, he faces difficulties in his movements.

However, this did not stop him from approaching the Singapore Disability Sports Council (SDSC) to go through a series of athletics programmer training in Javelin and Shot Put. SDSC is the only organisation in Singapore which reaches across all disability groups, offering a wide range of sports at both elite and non-elite levels. It is, in fact, Singapore's satisfaction of the state of state sta



It all began with his passion for Archery when he won the beginner's Competition just months' after picking up the bow. However, he had to give up the sport due to work demands. In 2015, after withing fellow athletes in Team Singapor releastiesty pressing on, closing in not to their goals, especially the incredible sporting feats of para-paddler ason Gon Ghe, it stirred something within Meng Koon - he knew he had to try aseain.

As we approach the Championship, we have the privilege to interview Meng Koon to share his thoughts about the upcoming competiton.

When did you start picking up Javelin and Shot Put and what did you like about the sports?

"I started picking up lavelle and Shot Puts since March 2016. Actually, when I fraat proproached 505.0°, my inital plan was to take up Archery again. However, during that period, there were no training sessions available and thus I was recommended to take up athletics first in a bid to build up my strength. I period reveloped to be the build up my strength, I period reveloped to be up at requires mainly strength, whereas for Javelin, you can compensate for your lack of strength with your throwing technique. I also mostly prefer individual sparts as the technique. I also mostly prefer individual sparts as the recommendation of the properties of the period of the period of the strength of strength strength of st

What are the main driving factor(s) that motivate you to take part in competitive sports?

"I love sports and I have a dream that one day, I can represent my country on the podium at an international level. I have gone for training (i.e. Archery and Sailing) and have also played in different types of sporting events previously such as, Dragon Boat and Tabla Tennis, but the

main driving factor of being selected for the Paralympic Games has prompted me to approach SDSC."

Due to your past accident which resulted in huge movement restrictions, you strived to train competitively despite the physical challenges what kept you going?

"The people around me gave me the strength to continue to pursue my dream. I have to thank my family members, Coach Jaffa, Mr. Lo h from SDSC, and my colleagues, Henry Tan, Tan Kah Leong, Tan Swee Wan, Maria Teo and Angeline Peh. Without their support, I might not even be able to have a chance to particulate in an international scorts cometition."

Can you share with us some details of your training regime? How do you juggle work with competitive training?

"Our training location is at Kallang Practice Track (within walking distance from Stadium MRT station) and it falls on Mondays, Wednesdays and Fridays after 6:30pm. We usually go through a set of training exercises given by the coach, mainly weight training, after which there may be practice throwing sessions. On average, my sessions will usually end before 8:30pm.

During non-training days, I will also train on my own. In order to juggle between work and my training. I have also bought dumbbells to train at home as there may be times that I am unable to go for my scheduled training sessions."





Previously, in your interview with The New Paper in 2016, you mentioned that it is your dream to represent Singapore in an international competition. Now that you've made it, how do you to the control of the control

"I feel honoured to be able to represent my own country to compete in an international competition but at the same time, I am actually feeling very nervous about it." Last year, Meng Koon has previously brought home two gold medals from the 44th National Para Athletic Championship 2016 for both Shot Put and Javelin. He also achieved first place in the Singapore National Para Games (2016) under 5050.

Lastly, any advice to share with people who are struggling to chase their dreams?

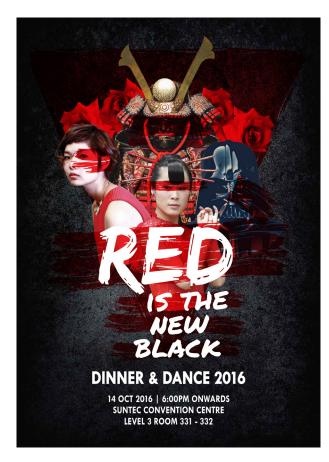
"Frankly speaking, I have also been struggling and had even thought of giving up at some point in my competitive sporting journey, but I am ludy to have people around me giving me invaluable advice, which I would like to share: in lifts, there will always be challenges that you need to face. It may not be as smooth as you would like I to be, but with a positive mindest and a splirt of never giving up, you will be able to achieve your dream. Even if you are not able to achieve it, you will still have no reget set trying."

Ediforial Team: Grace Lui, Daniel Chen, Tiffany Tan, Justin Toh

- · Data & Fact checking
- · Layout Design
- Editorial
- Production



Event Posters Design







- · Layout Design
- Production



Electronic Direct Mailer (EDM)s





- Data/Fact checking
- Copywriting
- Layout Design



Internal Operations Designs





Thank you for keeping our pantry clean!





- · Layout Design
- Production



Social Media





- Concept Lead
- · Layout Design



Brand Creative Theme & Identity



Associated with















- Conceptual Planning
- · Layout Design

CONNECT



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